

APPENDIX F
NORTHERN CHEYENNE TRADITIONAL CULTURAL PLANT USE

COMMON NAME	SCIENTIFIC NAME	USES	REFERENCES
Fir, Subalpine	<i>Abies lasiocarpa</i>	Industrial (various-needles), Medicinal (various-needles, bark), Religious (various-entire plant), Horse Medicine (needle), Food (cone)	Hart, J. 1976
Fir, Subalpine	<i>Abies lasiocarpa</i>	Ceremonial; Medicinal	NCPO 1981b:12, Tallbull 1993:1
Fir	<i>Abies spp</i>	Industrial (traps, weirs, snowshoes-wood, bucket-bark), Religious, Medicinal (purify-needles)	Grinnell 1923
Box Elder	<i>Acer negundo</i>	Ceremonial	NCPO 1981b:12
Box Elder	<i>Acer negundo</i>	Food (sweetener-sap), Industrial (wood products-wood), Religious (Sundance, sacred fuel-wood)	Deaver and Tallbull 1988, US Congress 1978, Rogers 1980, Tallbull 1993:58
Box Elder	<i>Acer negundo</i>	Maple; Food (sugar from sap); Industrial (pipestems, bowls, firewood)	Mulloy 1958 and Hart 1976 in Fredlund 1977:12
Yarrow, Western	<i>Achillea lanulosa</i>	Medicinal coughs, bleeding wounds)	Hart 1976 in Fredlund 1977:13, Tallbull 1993:2
Yarrow	<i>Achillea millefolium</i>	Medicinal (plant-cough, throat irritation, styptic, colds, nausea)	Kindscher 1992:18
Yarrow	<i>Achillea millefolium and var. lanulosa</i>	Medicinal (hemostat, dressing, respiratory, various others-leaves, flower), Horse Medicine (plant), Food (tea-leave)	Deaver and Tallbull 1988, US Congress 1978, Hart 1976, Grinnell 1923, Rogers 1980
Yarrow	<i>Achillea spp</i>	Medicinal	NCPO 1981b:12
Calamus	<i>Acorus calamus</i>	Medicinal (root-bowel pain, skin irritation); Religious (root-scares away children's night spirits)	Kindscher 1992:25
Sweet Flag	<i>Acorus calamus</i> (<i>introduced</i>)	Medicinal (digestive, general-root), Industrial (smoking-root), Religious (ghosts-root), Food (leaves, stems)	Grinnell 1923, Rogers 1980, Tallbull 1993:1
Baneberry	<i>Actaea rubra (arguta)</i>	Religious (Sweet Medicine, lactation, general-root)	Hart 1976, Grinnell 1923, Tallbull 1993:3
Hyssop, Fragrant Giant	<i>Agastache anethiodora (foeniculum)</i>	Food (leaves), Medicinal (chest pain-leaves)	Grinnell 1923, Rogers 1980
Hyssop, Lavender	<i>Agastache foeniculum</i>	Medicinal (leaves-chest pain, weak heart, cough, cold); Domestic (leaves-perfume)	Kindscher 1992:224-225

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Wheatgrass	<i>Agropyron spp</i>	Food (fruit)	Mulloy 1958 in Fredlund 1977:13
Onion, Wild	<i>Allium canadense</i>	Medicinal (roots and stems-carbuncles)	Kindscher 1992:29
Onion	<i>Allium spp</i>	Food (bulb), Medicinal (various-bulb), Horse Medicine (bulb), Industrial (deodorant, polish-bulbs)	Deaver and Tallbull 1988, Grinnell 1923, US Congress 1978, Tallbull 1993:4
Ragweed	<i>Ambrosia artemisifolia</i>	Medicinal (leaves and stems-bowel cramps, bloody stool, colds, constipation)	Kindscher 1992:34
Ragweed, Western	<i>Ambrosia psilostachya</i>	Medicinal (digestive-leaves, stem)	Grinnell 1923, Tallbull 1993:3
Juneberry	<i>Amelanchier alnifolia</i>	Serviceberry; Ceremonial (berry), Industrial (wood products-wood), Horse Medicine (stem), Medicine (digestive, eye/ear-berry, leaves); Food (berry)	Deaver and Tallbull 1988, US Congress 1978, 1941, Hart 1976, Grinnell 1923, Rogers 1980, Tallbull 1993:6
Pearly-everlasting	<i>Anaphalis margaritacea</i>	Religious (purify-leaves, flowers)	Grinnell 1923, Tallbull 1993:5
Mustard, Tower	<i>Arabis glabra</i>	Medicinal (general, respiratory-root)	Grinnell 1923
Cress, Rock	<i>Arabis hoboelli</i>	Food	Deaver and Tallbull 1988
Burdock	<i>Arctium minus (introduced)</i>	Medicinal, Food, Industrial (yellow dye)	Deaver and Tallbull 1988, Tallbull 1993:70
Kinnikinnick	<i>Arctostaphylos uva-ursi</i>	Food (fruit); Ceremonial (leaves-tobacco)	Blankenship 1905:7, Tallbull 1993:7
Kinnikinnick/ Bearberry	<i>Arctostaphylos uva-ursi</i>	Industrial (smoking-leaves; jewelry, toys-berry), Food (berries), Medicinal (various-leaves, stems, berries)	Deaver and Tallbull 1988, Grinnell 1923, US Congress 1978, Hart 1976, Rogers 1980, Tallbull 1993:7
Sage, Prairie	<i>Artemisia</i>	Ceremonial; Medicinal; Food	NCPO 1981b:12
Sagewort, Fringed	<i>Artemisia frigida</i>	Medicinal (various-herbage), Religious (purify-herbage), Industrial (various-herbage), Horse Medicine (plant), Food (leaves)	Deaver and Tallbull 1988, US Congress 1978, Hart 1976, Tallbull 1993:8
Sage, White	<i>Artemisia ludoviciana</i>	Man Sage Ceremonial (incense when mixed with <i>Actea rubra</i> , purification, favored by Contrary Warriors, drive away bad spirits, fasting beds)	Kindscher 1992:48-49, Tallbull 1993:9

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Sage, White	<i>Artemisia ludoviciana</i>	Ceremonial (plant-Sundance and Standing Against Thunder ceremony)	Kindscher 1992:49
Sage, White	<i>Artemisia ludoviciana</i>	Medicinal (leaves-snuff for sinus attacks, nosebleeds, headache)	Kindscher 1992:49
Sagewort, Prairie	<i>Artemisia ludoviciana (A. gnaphalodes)</i>	Religious (sweatlodge ceremony-herbage), Medicinal (respiratory, skin-leaves), Horse Medicine (plant), Food (leaves)	Grinnell 1923
Manroot	<i>Artemisia ludoviciana</i> ?	Medicinal -- Collected along Tongue River	NCPO 1981a:13
Sage, White "Man"	<i>Artemisia ludoviciana</i> ?	Ceremonial (sacred; bed for Mahuts)	Powell 1969:35
Sage	<i>Artemisia spp</i>	Ceremonial (sage blankets for priests to sit on inside the Lone Tipi)	Dorsey 1905:72
Sage, White	<i>Artemisia spp</i>	Ceremonial (ritual purification; ceremony into womanhood)	Grinnell 1923:130
Sage	<i>Artemisia spp</i>	Ceremonial (used as fasting bed)	Powell 1969:385
Sage, White	<i>Artemisia spp</i>	Ceremonial (bed for Buffalo Hat)	Powell 1969:409
Sage	<i>Artemisia spp</i>	Medicinal (various-herbage), Religious (various-herbage), Industrial (deodorant-leaves)	Hart 1976, Rogers 1980
Sage, Big	<i>Artemisia tridentata</i>	Food (flavoring-leaves), Medicinal (respiratory-herbage), Horse Medicine (herbage)	Deaver and Tallbull 1988, Grinnell 1923, Hart 1976
Milkweed	<i>Asclepias speciosa</i>	Food (flowers, seeds); Industrial ("milk"-temporary marking of stock); Sundance Ceremony begins after plant is cooked and used as food offering	Blankenship 1905:7, Aaberg and Tallbull 1993:10
Milkweed, Showy	<i>Asclepias speciosa</i>	Medicinal (top of plant-snowblindness)	Kindscher 1992:56
Milkweed	<i>Asclepias spp</i>	Industrial (bowstring)	Grinnell 1923:176
Milkweed, Showy	<i>Asclepias spp</i>	Religious, Food (buds, gum), Industrial (branding-sap), Medicinal (ophthalmic-herbage, digestive-root)	Deaver and Tallbull 1988, Grinnell 1923, US Congress 1978, Hart 1976
Aster	<i>Aster foliaceus</i>	Medicinal (stems-earache)	Kindscher 1992:61-62, Tallbull 1993:77

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Aster	<i>Aster spp</i>	Medicinal (enema, earache-plant), Horse Medicine (plant), Industrial, Religious (sacred necklace-flower)	Grinnell 1923
Milkvetch, Standing	<i>Astragalus adsurgens</i>	Medicinal (unspecified-poison ivy, plant dermatitis; leaves and stems-treated inflamed skin with watery apparently)	Kindscher 1992:66
Milkvetch, Two-grooved	<i>Astragalus bisulcatus</i>	Medicinal	Deaver and Tallbull 1988, US Congress 1978
Plum, Ground	<i>Astragalus crassicarpus</i>	Food (fruit), Horse Medicine (plant)	Deaver and Tallbull 1988, US Congress 1978, Rogers 1980
Milkvetch, Prairie	<i>Astragalus striatus (A. nitidus)</i>	Medicinal (skin rashes, poison ivy-leave, stem)	Grinnell 1923
Balsamroot, Arrowleaf	<i>Balsamorhiza sagittata</i>	Food (flower stem, root, seeds), Medicinal (various-root, leaves), Religious (incense-root)	Grinnell 1923, Hart 1976, Tallbull 1993:11
Mullein Plant	<i>Berbascum thapsus</i>	Medicinal (era ache, lungs)	Tallbull 1993:64
Big Medicine	<i>c.f. Lomatium triternatum spp. platycarpum</i>	Medicinal (essential ingredient to many medicinal mixtures) -- Found at Tongue River Dam and Poker Jim Creek	Stands in Timber and Liberty 1972:107, 109-110
Lily, Mariposa	<i>Calochortus gunnisonii</i>	Food (bulb)	Deaver and Tallbull 1986, Grinnell 1923, Tallbull 1993:71
Lily, Sego	<i>Calochortus nuttallii</i>	Medicinal	Deaver and Tallbull 1988
Shepard's Purse	<i>Capsella bursa-pastoris (introduced)</i>	Medicinal (headache-stem, leave)	Deaver and Tallbull 1988, Grinnell 1923, Tallbull 1993:12
Sedge, Beaked	<i>Carex rostrata</i>	Ceremonial	Aaberg and Tallbull 1993:27
Sedge, Saw-Beak	<i>Carex stipata</i>	Ceremonial (Medicine Lodge Ceremony)	Tallbull 1993:79
Lamb's-quarter Salt Sage)	<i>Chenopodium album</i>	Food (leaves)	Deaver and Tallbull 1986, Gilmore 1977, Tallbull 1993:68
Aster, Golden	<i>Chrysopsis villosa</i>	Medicinal (tops and stems-soothing tea, tonic); Ceremonial (incense to drive evil spirits from people/homes-no special ceremony)	Kindscher 1992:233
Aster, Hairy Gold	<i>Chrysopsis villosa var. foliosa</i>	Medicinal (depressant/relaxant-top, stem)	Grinnell 1923

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Rabbitbrush, Rubber	<i>Chrysothamnus</i>	Medicinal (skin-leaves, stem)	Grinnell 1923, Tallbull 1993:12
Rubber Rabbitbrush; Scabby Medicine	<i>Chrysothamnus nauseosus</i>	Medicinal (leaves and stems-itch, smallpox; mixed w/sage-colds, coughs, tuberculosis); Ceremonial (leaf and branch-relieve nightmare)	Kindscher 1992:233-234, Tallbull 1993:12
Thistle, Canada	<i>Cirsium arvense</i>	Food	Aaberg and Tallbull 1993:21
Thistle, Indian (Elk Thistle)	<i>Cirsium edule</i>	Food (stem)	Grinnell 1923, Tallbull 1993:13
Thistle	<i>Cirsium spp</i>	Food (pedicel, stem)	Grinnell 1923, US Congress 1978
Thistle, Wavy-leaf	<i>Cirsium undulatum</i>	Food	Aaberg and Tallbull 1993:21
Dogwood, Redosier/Red Willow	<i>Cornus stolonifera</i>	Red Willow; Medicinal (liver, respiratory-bark); Ceremonial (sweatlodge-stems); Industrial (various-entire plant); Food (berries, bark)	Deaver and Tallbull 1988, Grinnell 1923, US Congress 1978, Hart 1976, Rogers 1980, Tallbull 1993:13
Willow, Red	<i>Cornus stolonifera</i>	Ceremonial (inner bark-tobacco); Industrial (branches-fishnets); Medicinal (inner bark-ulcers)	Blankenship 1905:11, Tallbull 1993:13
Willow, Red	<i>Cornus stolonifera*</i>	Industrial (arrows, kettle hangers, cooking racks)	Grinnell 1923:179, Tallbull 1993:13
Willow, Red	<i>Cornus stolonifera*</i>	Ceremonial (mixed with tobacco for smoke-prayer)	Grinnell 1923:75
Willow, Red/Redosier Dogwood	<i>Cornus stolonifera*</i>	Industrial (various-entire plant), Food (berries, bark), Medicinal (liver, respiratory-bark), Religious (sweatlodge-stems)	Deaver 1988, Grinnell 1923, US Congress 1978, Hart 1976, Rogers 1980, Tallbull 1993:13
Hawthorn Bush	<i>Craetagus oxyacantha</i>	Food	Tallbull 1993:69
Hawthorn, Black	<i>Crataegus douglasii</i> <i>(Virbrunum prunifolium)</i>	Food (berry), Medicinal (weak heart)	Grinnell 1923, Tallbull 1993:14
Sage Plant / Wanowa	<i>Dasiphora fruticosa</i>	Ceremonial (Contrary Dance and Dog Dance); Horse Medicine -- Found only in Tetons and in Wolf Mountains on west side of Rosebud	Stands in Timber and Liberty 1972:107-109
Coneflower, Purple	<i>Echinaceae angustifolia</i>	Medicinal (leaves and root-sore mouth and gums, sore neck, toothache, rheumatism, arthritis, mumps, measles)	Kindscher 1992:87, Tallbull 1993:16

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Coneflower, Purple	<i>Echinaceae angustifolia</i>	Ceremonial (root-stimulated salivation for participants in the Sundance)	Kindscher 1992:87
Coneflower, Purple	<i>Echinaceae angustifolia</i>	Medicinal (root mixed with Blazing Star [<i>Mentzelia laevicaulis</i>]-smallpox)	Kindscher 1992:87
Coneflower, Purple	<i>Echinaceae angustifolia</i>	Medicinal (root mixed with puffball [<i>Lycoperdon</i> sp..] and skunk oil-boils)	Kindscher 1992:87
Coneflower, Purple	<i>Echinaceae pallida</i> and var. <i>angustifolia</i>	Medicinal (anti-venom, arthritic, respiratory, dressing, boils, mouth, throat, and others-root, leaves)	Hart 1976, Grinnell 1923, Rogers 1980
Rush, Spike	<i>Eleocharis</i> spp	Food; Industrial (basket making-plant)	Grinnell 1923, Tallbull 1993:16
Fireweed (Red Root Plant)	<i>Epilobium angustifolium</i> (<i>Chamaenerion</i>)	Medicinal (enema, digestive-root, inner cortex, leave), Food (root), Industrial (waterproof-flower)	Grinnell 1923, Tallbull 1993:17
Horsetail, Common/Scouring Rush	<i>Equisetum arvense</i> and <i>hyemale</i>	Medicinal (diuretic, poultice, menstrual, skin-stems), Horse Medicine (stem, root), Industrial (abrasive, mats-stem)	Deaver and Tallbull 1988, Grinnell 1923, US Congress 1978, Hart 1976, Gilmore 1977, Tallbull 1993:18
Fleabane	<i>Erigeron peregrinus</i>	Medicinal (plant-backache, dizziness, drowsiness)	Kindscher 1992:97, Tallbull 1993:18
Daisy, Wandering	<i>Erigeron peregrinus</i> ssp. <i>callianthemus</i>	Medicinal (dizziness, backache, drowsiness-root, stem, flower)	Grinnell 1923, Tallbull 1993:18
Sulfurflower	<i>Eriogonum umbellatum</i> var. <i>subalpinum</i>	Medicinal (Women's medicine, menstrual-flowers, stems)	Grinnell 1923, Tallbull 1993:19
Joe Pye Weed	<i>Eupatorium maculatum</i>	Medicinal (fevers, backache)	Tallbull 1993:19
Lichen, Tree	<i>Evernia vulpina</i>	Medicinal (digestive, skin-plant), Industrial (yellow dye-plant)	Grinnell 1923, Tallbull 1993:20
Moss, Tree	<i>Evernia vulpina</i>	Domestic (plant-clothing, bedding, yellow dye/paint); Medicinal (plant-reduce inflammation of ulcers)	Blankenship 1905:12, Tallbull 1993:20
Devil's Walking Stick	<i>Fatsia horrida</i>	Ceremonial (root-"stinking medicine"), Medicinal (root-headache)	Blankenship 1905:12
Strawberry, Wild	<i>Fragaria vesca</i>	Food (berry), Medicinal (digestive-plant)	Deaver and Tallbull 1988, Grinnell 1923, Tallbull 1993:20
Frasera, Giant	<i>Frasera</i> spp	Medicinal (diarrhea-leaves, root)	Grinnell 1923

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Ash, Green	<i>Fraxinus pennsylvanica</i>	Industrial (wood products-wood), Ceremonial (Sundance lodge-wood)	Hart 1976, Rogers 1980, Tallbull 1993:59
Fritillary, Yellow	<i>Fritillaria pudica</i>	Food (corm)	US Congress 1978, Hart 1976,
Blanket Flower	<i>Gaillardia aristata</i>	Medicinal (flower-sunstroke medicine)	Kindscher 1992:247, Tallbull 1993:79
Bedstraw, Northern	<i>Galium boreale</i>	Medicinal (root)	Deaver and Tallbull 1988, US Congress 1978
Geranium, White	<i>Geranium richardsonii</i>	Medicinal (nosebleed-leaf, root)	Grinnell 1923, Tallbull 1993:21
Licorice, American	<i>Glycyrrhiza lepida</i>	Medicinal (root and leaves-diarrhea, upset stomach)	Kindscher 1992:114
Licorice, American	<i>Glycyrrhiza lepida</i>	Ceremonial (root-used to cool mouth during Sundance)	Kindscher 1992:115
Licorice	<i>Glycyrrhiza lepida</i>	Medicinal (various-root, leaves), Religious (Sundance, sweatlodge-root), Food (stem), Horse Medicine (root)	Deaver and Tallbull 1988, Grinnell 1923, Hart 1976, Rogers 1980, Tallbull 1993:22
Gumweed, Curly-top	<i>Grindelia squarrosa</i>	Medicinal (flower-skin disease, scabs, sores; gummy residue-eye medicine, snowblindness)	Kindscher 1992:120
Gumweed, Curlycup	<i>Grindelia squarrosa</i>	Medicinal (various-plant, flower), Horse Medicine (plant)	Deaver and Tallbull 1988, US Congress 1978, Hart 1976, Rogers 1980, Tallbull 1993:23
Golden Rod (Broom Snakeweed)	<i>Gutierrezia sarothrae</i>	Medicinal (colds), Ritual (purify)	Tallbull 1993:68
Sneezeweed	<i>Helenium autumnale</i>	Medicinal (headaches)	Tallbull 1993:24
Sneezeweed	<i>Helenium autumnale</i>	Medicinal (pneumonia)	Stands in Timber and Liberty 1972:110
Jerusalem Artichoke	<i>Helianthus tuberosus</i>	Food (root)	Grinnell 1923, Rogers 1980, Tallbull 1993:25
Parsnip, Cow	<i>Heracleum lanatum</i>	Food (shoots); Medicinal (root-rheumatism); Industrial (playthings)	Blankenship 1905:13, Tallbull 1993:63
Alumroot	<i>Heuchera cylindrica</i>	Medicinal (root-rheumatism, sores muscles)	Kindscher 1992:124, Tallbull 1993:25
Alumroot	<i>Heuchera cylindrica</i> (<i>H. ovalifolia</i>)	Medicinal (digestive, arthritic-root)	Hart 1976, Grinnell 1923

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Sweetgrass	<i>Hierochloe odorata</i>	Religious (various-plant, purification in Sundance and Sacred Arrows, Protection), Industrial (perfume, hairwash-leaves), Medicinal (various-leaves)	Hart 1976, , Grinnell 1923, Gilmore 1977, Tallbull 1993:62
Sweetgrass	<i>Hierochloe odorata</i>	Ceremonial (plant-used in Sundance and Sacred Arrow ceremony)	Kindscher 1992:256
Big Root	<i>Ipomoea leptophylla</i>	Food (famine food)	Blankenship 1905:13
Rush, Baltic	<i>Juncus balticus</i>	Food; Industrial (ornamentation-root; baskets-stems)	Grinnell 1923, Tallbull 1993:26
Juniper, Common	<i>Juniperus communis</i>	Medicinal (respiratory, reproductive-needles, cones)	Hart 1976, Grinnell 1923, Gilmore 1977, Tallbull 1993:27
Juniper	<i>Juniperus communis and scopulorum</i>	Ceremonial (flute charm)	Grinnell 1923:204-205
Juniper	<i>Juniperus communis and scopulorum</i>	Ceremonial (ritual purification; ceremony into womanhood)	Grinnell 1923:130
Juniper, Rocky Mountain	<i>Juniperus scopulorum</i>	Religious (entire plant), Industrial (bow-wood), Medicinal (various-needles, cones, boughs), Horse Medicine (needles)	Deaver and Tallbull 1988, Grinnell 1923, US Congress 1978, Hart 1976
Juniper, Rocky Mountain	<i>Juniperus scopulorum</i>	Ceremonial (plant-purification during ceremonial rites, healing rites, and religious rites)	Blankenship 1905 in Davis et al. 1982:222, Tallbull 1993:27
Juniper	<i>Juniperus scopulorum, Sarg.</i>	Industrial (wood bows)	Grinnell 1923:173
Junegrass, Prairie	<i>Koeleria cristata</i>	Ritual (when plant blooms determines when Sundance starts)	Tallbull 1993:28
Puccoon, Narrow-leaved (White Weed, Western Gromwell)	<i>Lithospermum incisum (L. linearifolium)</i>	Medicinal (paralysis, mental-leaves, root, stem; chest wounds-root)	Grinnell 1923, Rogers 1980, Tallbull 1993:30
Puccoon	<i>Lithospermum incisum Lehm.</i>	Medicinal (root, leaves, stems-paralysis, delirium, stimulant)	Kindscher 1992:143
Gromwell	<i>Lithospermum ruderale</i>	Industrial (toy-stem), Medicinal (rheumatic-leaves, stem)	Grinnell 1923
Puccoon	<i>Lithospermum ruderale</i>	Medicinal (leaves and stems-salve for rheumatism)	Kindscher 1992:143
Big Medicine	<i>Lomatium</i>	Medicinal (cure all for many illnesses), Ritual (protection, cleaning)	Tallbull 1993:71

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Biscuit Root	<i>Lomatium couss</i> <i>(Cogswellia)</i>	Food (root), Medicinal (various-root, leaves), Religious (incense-root), Horse Medicine (root)	Hart 1976, Grinnell 1923
Lomatium, Fern-leaved	<i>Lomatium dissectum and var. multifidum</i>	Horse Medicine (plant), Medicinal (digestive, pediatrics-root, leaves)	Grinnell 1923
Parsely/ Biscuitroot	<i>Lomatium foeniculaceum</i>	Food	Aaberg and Tallbull 1993:19
Lomatium, Eastern	<i>Lomatium orientale</i>	Wild Parsley; Medicinal (pediatrics-root, leaves)	Grinnell 1923
Parsley, Wild	<i>Lomatium orientale</i>	Medicinal (pediatrics-root, leaves)	Grinnell 1923
Skeleton Weed	<i>Lygodesmia juncea</i>	Medicinal (stems-promotes lactation, healthy fetus development, small pox, measles)	Kindscher 1992:261, Tallbull 1993:29
Skeleton Plant, Rush	<i>Lygodesmia juncea</i>	Medicinal (respiratory, digestive, various others-plant), Food (flavoring-sap), Horse Medicine (plant), Industrial (various)	Deaver and Tallbull 1988, Grinnell 1923, Hart 1976, Rogers 1980
Tarweed	<i>Madia glomerata</i>	Medicinal (plant—"love sickness"); Ceremonial (plant-sweatbaths, charm to attract women)	Kindscher 1992:262
Oregan Grape	<i>Mahonia repens</i>	Food (berries), Ritual (yellow dye)	Tallbull 1993:56
Cactus, Pincushion (Ball)	<i>Mamillaria vivipara</i> <i>(Coryphantha)</i>	Food (fruit), Medicinal (diarrhea-fruit, ophthalmic-seed)	Deaver and Tallbull 1988
Pineappleweed (Prairiedog Perfume)	<i>Matricaria matricarioides</i>	Medicinal (various-herbage), Food (preservative-herbage), Industrial (perfume-leaves)	Hart 1976, Tallbull 1993:31
Fungus	<i>Melampsorella elatina</i>	Ceremonial, Medicinal (incense-plant)	Grinnell 1923
Clover, Yellow Sweet	<i>Melilotus officinalis</i> <i>(introduced)</i>	Medicinal (?), Ceremonial (plant)	Deaver and Tallbull 1988, Rogers 1980
Mint, Wild	<i>Mentha arvensis</i> (<i>M. canadensis</i>)	Field Mint; Ceremonial (tea-leaves), Medicinal (various-leaves), Industrial (insect repellant, perfume-leaves), Food (leaves)	Deaver and Tallbull 1988, US Congress 1978, Hart 1976, Grinnell 1923, Gilmore 1977, Tallbull 1993:32
Mint	<i>Mentha arvensis L.</i>	Ceremonial, Medicinal (leaves and stems-treats vomiting, strengthen heart, stimulate vital organs), Domestic (perfume, hair oil)	Kindscher 1992:153

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Lily, Sand	<i>Mentzelia nuda</i>	Medicinal (root-fever, earache, rheumatism, arthritis, mumps, measles, smallpox, thirst prevention)	Kindscher 1992:263
Bluebell, Broad-leaf	<i>Mertensia ciliata</i>	Medicinal (smallpox, measles-leaves, root; lactation-plant)	Grinnell 1923, Tallbull 1993:323
Mint, Horse	<i>Monarda fistulosa</i> and var. <i>menthifolia</i>	Medicinal (various-herbage, root), Industrial (perfume, deodorant, insect repellent-leaves; spoon-straw-flower), Ritual (Puberty)	Hart 1976, Grinnell 1923, Rogers 1980, Tallbull 1993:33
Water Plant	<i>Nasturtium officinale</i>	Food (entire plant), Medicinal (diuretic, skin irritations, liver)	Tallbull 1993:34
Tobacco, Wild	<i>Nicotiana attenuata</i> and <i>quadrivalvis</i>	Ceremonial (pipe; offering)	Dorsey 1905:77
Tobacco	<i>Nicotiana spp</i>	Ceremonial (twist of tobacco in Buffalo Hat medicine bundle)	Powell 1969:409
Spatterdock	<i>Nuphar polysepalum</i> (<i>Nymphaea</i>)	Food (root)	Grinnell 1923
Lily, Yellow Pond	<i>Nuphar variegatum</i>	Food (root, seeds), Medicinal (dressing, reproductive, rheumatism-root), Horse Medicine (root)	Hart 1976, Rogers 1980, Tallbull 1993:34
Gromwell, False	<i>Onosmodium molle</i>	Medicinal (leaves and stems-restore feeling to numb area, lumbago)	Kindscher 1992:265, Tallbull 1993:72
Gromwell, False	<i>Onosmodium molle</i> var. <i>occidentale</i>	Medicinal (numbness-leaves, stem; swelling-seeds, root), Horse Medicine (seed, root)	Grinnell 1923, Rogers 1980
Cactus, Brittle Prickly Pear	<i>Opuntia fragilis</i>	Food	Aaberg and Tallbull 1993:25
Cactus, Prickly Pear	<i>Opuntia polyacantha</i>	Food (buds, stems), Industrial (paint preservative-stem), Medicinal (dressing, digestive-stems; urinary-root)	Grinnell 1923, Hart 1976, Rogers 1980, Tallbull 1993:35
Sweet Cicely, Blunt-fruit	<i>Osmorrhiza depauperata</i> (<i>O. obtusa</i>)	Medicinal (digestive, kidney-leave, stem, root)	Grinnell 1923, Tallbull 1993:73
Sweet Medicine / Sweet Root	<i>Oxypolis (lambertii)</i>	Ceremonial (used in Blinding Ceremony; also spat onto horses hooves as blessing)	Powell 1969:34
Sweet Medicine	<i>Oxypolis (lambertii)</i>	Ceremonial (sacred; piece in medicine bundles; cultural hero transformed into this plant; used in ceremonies)	Powell 1969:53-54

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COMMON NAME	SCIENTIFIC NAME	USES	REFERENCES
Locoweed	<i>Oxytropis</i> sp.	Medicinal (mixed w/baneberry-increase milk flow in nursing mothers)	Kindscher 1992:266
Crazyweed/Sweet Medicine	<i>Oxytropis splendens</i>	Medicinal (lactation-root)	Grinnell 1923, Tallbull 1993:36
Grass-of-Parnassus, Fringed	<i>Parnassia fimbriata</i>	Medicinal (pediatrics-plant)	Grinnell 1923, Tallbull 1993:75
Elephant's Head (Pink Medicine)	<i>Pedicularis groenlandica</i>	Medicinal (cough-leaves, stem)	Grinnell 1923, Tallbull 1993:37
Yampa/Indian Carrot	<i>Perideridia gairdneri</i> (<i>Carum gairdneri</i>)	Food (root), Medicinal (diuretic, laxative, respiratory, dressing, general-root), Horse Medicine (root), Industrial (polish-plant)	US Congress 1978, Hart 1976, Grinnell 1923, Tallbull 1993:38
Clover, Prairie/Purple Cornflower	<i>Petalostemon purpureum</i>	Medicinal (root, leave, blossom), Food (tea-leaves; gum-root)	Deaver and Tallbull 1988, Rogers 1980
Cornflower, Purple/Prairie Clover	<i>Petalostemon purpureum</i>	Medicinal (root, leave, blossom), Food (tea-leaves; gum-root)	Deaver and Tallbull 1988, Rogers 1980
Phlox, Many-flowered	<i>Phlox multiflora</i>	Medicinal (stimulant-leaves, flower)	Grinnell 1923, Tallbull 1993:78
Pine, Lodgepole	<i>Pinus contorta</i>	Industrial (poles), Food (bark, nuts, pitch), Medicinal (burns, boils-pitch; TB-bark, pitch)	Hart 1976, Tallbull 1993:76
Pine, Ponderosa	<i>Pinus ponderosa</i>	Food (bark, pitch), Industrial (adhesive, torch-pitch), Medicinal (various-pitch, needles, boughs)	US Congress 1978, Hart 1976, Tallbull 1993:61
Pine, Yellow	<i>Pinus ponderosa</i>	Industrial (trunks-dugouts); Domestic (twigs-twirling sticks); Food (inner bark)	Blankenship 1905:18
Pine, Ponderosa	<i>Pinus ponderosa</i>	Cultural uses	NCPO 1981b:12
Pine, Ponderosa	<i>Pinus ponderosa</i>	Resin used as telepathic chewing gum to transmit thoughts from recipient to giver	Tallbull 1/12/93
Plaintain, Common	<i>Plantago major</i>	Medicinal	Deaver and Tallbull 1988
Bistort, American	<i>Polygonum bistortoides</i> (<i>Bistorta</i>)	Food (root)	Grinnell 1923, Tallbull 1993:73
Cottonwood	<i>Populus angustifolia</i>	Industrial (various-wood, bud, sap), Religious (Sundance pole), Medicinal (various-leaves, bark, buds), Horse Medicine (leaves)	Hart 1976, Rogers 1980

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COMMON NAME	SCIENTIFIC NAME	USES	REFERENCES
Cottonwood	<i>Populus angustifolia</i>	Ceremonial (centerpole for Sundance lodge; taken from Tongue River Valley in 1961)	Powell 1969:616
Cottonwood	<i>Populus deltoides</i>	Domestic (wood-fire, shelter); Industrial (bark-cordage); Food (inner bark-human, twigs-horse), Ceremonial (Sundance Lodge)	Blankenship 1905:19, Tallbull 1993:57
Aspen, Quaking	<i>Populus tremuloides</i>	Medicinal (ruptures, birth, general-bark), Industrial, Religious (Sundance lodge-logs), Horse Medicine (bark), Food (cambium)	Hart 1976
Cinquefoil, Shubby	<i>Potentilla fruticosa</i>	Ceremonial (used in Contrary Dance; leaves-empowered those against enemies); Industrial (plant-poisoned arrow tips)	Kindscher 1992:271, Tallbull 1993:15
Cinquefoil, Shubby	<i>Potentilla fruticosa</i>	Industrial (plant-poisoned arrow tips for holy people)	Kindscher 1992:271-272
Cinquefoil, Shubby	<i>Potentilla fruticosa</i> (<i>Dasiphora</i>)	Food (leaves), Industrial (pillow-leaves), Religious (burn protection-leaves)	Grinnell 1923
Cherry, Wild	<i>Prunus emarginata</i>	Industrial (arrows)	Grinnell 1923:179
Plum, Wild	<i>Prunus americana</i>	Medicinal (fruit mixed w/salt-mouth disease; root and bark mixed w/scarlet thorn-diarrhea)	Kindscher 1992:274
Plum, Wild	<i>Prunus americana</i>	Food (berry)	Grinnell 1923, Gilmore 1977, Rogers 1980, Tallbull 1993:39
Cherry, Sand / Sandhills Cherry	<i>Prunus pumila</i> (<i>P. besseyi</i>)	Food (berry)	Grinnell 1923, Rogers 1980
Chokecherry	<i>Prunus virginiana</i>	Medicinal; Food	NCPO 1981b:12
Chokecherry	<i>Prunus virginiana</i>	Food (Pemmican Mountains)	Powell 1969:127
Chokecherry	<i>Prunus virginiana</i> (<i>melanocarpa</i>)	Food (berry), Medicinal (various-bark, berry), Industrial (wood products-wood, glue-sap)	Deaver and Tallbull 1988, US Congress 1978, Hart 1976, Grinnell 1923, Rogers 1980, Tallbull 1993:40
Sweetroot, Mountain	<i>Psmorrhiza chilensis</i>	Medicinal (stomach, kidneys)	Tallbull 1993:35
Scurfpea, Silver-leafed	<i>Psoralea argophylla</i>	Medicinal (fever, general-leaves, stems), Industrial (basketry-stem), Horse Medicine (root)	Grinnell 1923, Rogers 1980, Kindscher 1992:177, Tallbull 1993:41
Turnip, Prairie	<i>Psoralea esculenta</i>	Food (gathered in June)	Grinnell 1962 in Reid 1977:321

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COMMON NAME	SCIENTIFIC NAME	USES	REFERENCES
Turnip, Indian	<i>Psoralea esculenta</i>	Food (root), Medicinal (colic, digestive, throat, respiratory, dressing, ophthalmic-root), Industrial (ornaments-root)	Deaver and Tallbull 1988, Grinnell 1923, US Congress 1978, Hart 1976, Rogers 1980
Bread Root, Subterranean	<i>Psoralea hypogaea</i>	Food (root)	Grinnell 1923, Tallbull 1993:42
Scurfpea, Lance-leaf	<i>Psoralea lanceolata</i>	Food (root)	Grinnell 1923
Pinedrops	<i>Pterospora andromedea</i>	Industrial (hair tonic-herbage), Medicinal (nosebleed, lungs-stem, berry)	Hart 1976, Grinnell 1923, Tallbull 1993:43
Coneflower, Prairie	<i>Ratibida columnifera</i>	Medicinal (leaves and stems-snakebite, pain, poison ivy)	Kindscher 1992:181
Coneflower (Yellow)	<i>Ratibida columnifera (R. columnaris)</i>	Medicinal (snakebite, poison ivy-leaves, stem; headache, stomachache-tops), Horse Medicine (plant)	Grinnell 1923, Rogers 1980, Tallbull 1993:44
Sumac, Aromatic	<i>Rhus aromatica</i>	Ceremonial (leaf mixed with tobacco, red willow dogwood, bearberry-tobacco)	Kindscher 1992:185
Sumac, Aromatic	<i>Rhus aromatica</i>	Medicinal (leaves-colds, diuretic, styptic; fruit-toothache); Horse Medicine (plant)	Kindscher 1992:185
Sumac, Smooth	<i>Rhus glabra</i>	Medicinal (various-fruit, root, branches), Industrial (smoking, dye-leaves)	Hart 1976, Grinnell 1923, Rogers 1980
Skunkbrush	<i>Rhus trilobata</i>	Sumac; Industrial (smoking-leaf)	Deaver and Tallbull 1988, Grinnell 1923, Rogers 1980
Currant, Golden	<i>Ribes aureum</i>	Food (berry)	Grinnell 1923, Tallbull 1993:45
Gooseberry, Wild; Redshoot	<i>Ribes cereum</i>	Food (berry)	Blankenship 1905:21, Tallbull 1993:24
Currant, Squaw	<i>Ribes cereum and var. <i>inebrians</i></i>	Food (berry)	US Congress 1978, Grinnell 1923
Currant, Swamp/Elkberry	<i>Ribes lacustre</i>	Food (berry)	Grinnell 1923
Gooseberry, Redshoot	<i>Ribes setosum (Grossularia)</i>	Food (berry)	Grinnell 1923
Currant	<i>Ribes spp</i>	Industrial (arrows)	Grinnell 1923:178-179
Rose, Prickly Wild	<i>Rosa acicularis</i>	Food	Deaver and Tallbull 1988
Rose Bush	<i>Rosa arkansas</i>	Medicinal (vitamin C)	Tallbull 1993:46

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COMMON NAME	SCIENTIFIC NAME	USES	REFERENCES
Rose, Wild	<i>Rosa sp.</i>	Medicinal (petals, stem bark, root bark-eyewash for snowblindness)	Kindscher 1992:191
Rose, Wild	<i>Rosa spp</i>	Industrial (arrows)	Grinnell 1923:179
Rose, Wild	<i>Rosa spp</i>	Medicinal (hips-stomach ailments) -- Collected along Tongue River	NCPO 1981a:13
Rose, Wild	<i>Rosa spp</i>	Food (fruit), Medicinal (various-stem, bark, petals, root), Ceremonial (ghost-sprigs)	Hart 1976, Grinnell 1923, Gilmore 1977, Rogers 1980
Rose, Wild	<i>Rosa woodsii</i>	Medicinal (inner bark-diarrhea, heart trouble)	Kindscher 1992:191
Raspberry, Wild	<i>Rubus idaeus and var. gracilipes</i>	Food (berry)	Grinnell 1923, Tallbull 1993:46
Raspberry, Black	<i>Rubus leucodermis (occidentalis)</i>	Blackcap; Food (berry)	Grinnell 1923
Dock, Curly	<i>Rumex crispus (introduced)</i>	Food; Industrial (yellow dye-leaves, stems), Medicinal (poultice, lungs-root)	US Congress 1978, Grinnell 1923, Gilmore 1977, Tallbull 1993:47
Begonia, Wild	<i>Rumex venosus</i>	Industrial (red and yellow dye-leaves and root), Medicinal (birth)	Grinnell 1923, Rogers 1980
Arrow Leaf	<i>Sagittaria latifolia</i>	Food (Tuber)	Tallbull 1993:48
Willow, Peach-leaf	<i>Salix amygdaloides</i>	Medicinal (unspecified-diarrhea; bark-styptic); Ceremonial (stems-worn during Sundance because believed to alleviate thirst)	Kindscher 1992:196
Willow, Narrow Leaved	<i>Salix exigua</i>	Ceremonial (tree-constructed sweat-lodges); Industrial (tree-cordage); Medicinal (leaves-fever, diarrhea), Ornamentation (Sundance apparel)	Blankenship 1905:22, Tallbull 1993:60
Willow	<i>Salix longifolia</i>	Industrial (various wood products), Religious (sacred construction-stems), Medicinal (various-plant), Horse Medicine (root), Food (bark)	Hart 1976, Rogers 1980
Willow	<i>Salix longifolia</i>	Ceremonial (used by Medicine Lodge dancers)	Grinnell 1923
Willow	<i>Salix spp</i>	Ceremonial (sweatlodge) -- Collected along Tongue River	NCPO 1981a:13
Greasewood	<i>Sarcobatus vermiculatus</i>	Food (twigs), Industrial (pipestems, tapers)	Blankenship 1905:23, Tallbull 1993:69

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COMMON NAME	SCIENTIFIC NAME	USES	REFERENCES
Sweetgrass	<i>Savastana odorata</i>	Ceremonial (sacred bundle; pipe)	Dorsey 1905:76-77
Sweetgrass	<i>Savastana odorata</i>	Ceremonial (ritual purification; ceremony into womanhood)	Grinnell 1923:130, 131
Sweetgrass	<i>Savastana odorata</i>	Ceremonial -- Collected along Tongue River	NCPO 1981a:13
Bulrush, Tule (Hard Stem)	<i>Scirpus acutus</i>	Food; Industrial (mats)	Deaver and Tallbull 1988, Grinnell 1923, Tallbull 1993:50
Bulrush, Nevada	<i>Scirpus nevadensis</i>	Food (roots); (mats-stems)	Grinnell 1923
Groundsel, Arrowleaf	<i>Senecio triangularis</i>	Medicinal (sedative-leaves, root)	Grinnell 1923, Tallbull 1993:51
Buffaloberry	<i>Shepherdia argentea</i>	Medicinal (fruit-to sweeten medicine)	Kindscher 1992:281
Buffaloberry	<i>Shepherdia argentea</i>	Food (berry), Medicinal (ophthalmic-bark, digestive-berry)	Deaver and Tallbull 1988, US Congress 1978, Hart 1976, Grinnell 1923
Buffaloberry, Russet (Thorny Buffaloberry)	<i>Shepherdia canadensis</i> (<i>Lepargyraea</i>)	Food (berry), Medicinal (ophthalmic-bark)	US Congress 1978, Hart 1976, Grinnell 1923, Tallbull 1993:28
Goldenrod	<i>Solidago mollis</i>	Medicinal	Deaver and Tallbull 1988
Mallow, Scarlet Globe	<i>Sphaeralcea coccinea</i>	Ceremonial (used in Contrary Society ceremonies); Medicinal (plant-used to sweeten medicine)	Kindscher 1992:209, Tallbull 1993:31
Mallow, Globe	<i>Sphaeralcea coccinea</i> (<i>Malvastrum</i>)	Food; Medicinal (general-leaves, stem, root; poultice, burn protection-root)	Deaver and Tallbull 1988, Grinnell 1923, Rogers 1980, Tallbull 1993:31
Bothersome Weed (Chickweed)	<i>Stellaria media</i>	Medicinal (liver, skin, obesity)	Tallbull 1993:52
Snowberry	<i>Symphoricarpos occidentalis</i>	Religious (Medicine Lodge altar)	Tallbull 1993:63
Tansy, Common	<i>Tanacetum vulgare</i> (<i>introduced</i>)	Medicinal (weakness, dizziness-leaves, blossoms)	Grinnell 1923, Tallbull 1993:53
Dandelion, Common	<i>Taraxacum officinale</i> (<i>introduced</i>)	Medicinal (liver, digestion, diuretic, diabetes), Food (salad greens)	Deaver and Tallbull 1988, Tallbull 1993:54
Saxafrage, James' (Red Medicine)	<i>Telesonix jamesii</i> (<i>Saxafraga</i>)	Medicinal (lungs-plant)	Grinnell 1923, Tallbull 1993:49
Meadow Rue, Few-flowered	<i>Thalictrum sparsiflorum</i>	Horse Medicine (root)	Grinnell 1923, Tallbull 1993:74
Birthroot	<i>Trillium ovatum</i>	Medicinal (childbirth)	Tallbull 1993, 55

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COMMON NAME	SCIENTIFIC NAME	USES	REFERENCES
Cattail	<i>Typha latifolia</i>	Food (stems, seeds), Religious (bedding in Sundance), Industrial (mats-leaves), Medicinal (poultice, chafing-fruit; cramps-root, leave)	Grinnell 1923, US Congress 1978, Hart 1976, Tallbull 1993:67
Nettle, Stinging	<i>Urtica dioica</i>	Medicinal (digestive-root), Industrial (fiber-stems)	Deaver and Tallbull 1988, Rogers 1980, Gilmore 1977
Grouseberry/Whortleberry/Fireberry	<i>Vaccinium scoparium</i>	Medicinal (appetite-berry, leaves, stem), Food (Berries)	Grinnell 1923, Tallbull 1993:76
Grape, Wild	<i>Vitis riparia (vulpina)</i>	Food (berry)	Grinnell 1923, Rogers 1980
Yucca	<i>Yucca glauca</i>	Industrial (cosmetic), Medicinal (anti-inflammatory, hair loss, various others-root), Horse Medicine (plant)	Deaver and Tallbull 1988, US Congress 1978, Rogers 1980, Tallbull 1993:56
Mushrooms		Food -- Collected along Tongue River	NCPO 1981a:13
Peppermint		Medicinal -- Collected along Tongue River	NCPO 1981a:13
Spearmint		Medicinal -- Collected along Tongue River	NCPO 1981a:13

Appendix F **References Cited**

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